

Local GP Practice	<p>You can find the contact details for your local GP Practice on this website https://www.nhsinform.scot</p> <p>For health information you can phone NHS Inform on 0800 22 44 88</p>
Breathing Space	<p>Helpline: (Freephone) 0800 83 85 87</p> <p>Website: http://breathingspace.scot/</p>
Victim Support Scotland	<p>Helpline: (Costs) 0345 603 9213</p> <p>Website: https://www.victimsupportsco.org.uk/</p>
Future Pathways	<p>Telephone contact: 0808 164 2005</p> <p>Email: registration@future-pathways.co.uk</p> <p>Website: https://future-pathways.co.uk/</p>
Wellbeing Scotland	<p>Telephone contact: 01324 630 100</p> <p>Email: info@wellbeingscotland.org</p> <p>Website: http://www.wellbeingscotland.org/contact</p>
Police Scotland	<p>In an emergency call 999</p> <p>For non-emergencies call 101</p> <p>Website: http://www.scotland.police.uk/</p>
Rape Crisis Scotland	<p>Helpline: (Free number) 08088 010302</p> <p>Website: https://www.rapecrisisscotland.org.uk/</p>
Law Society of Scotland	<p>You can find a solicitor using the search tool on this website page https://www.lawscot.org.uk/find-a-solicitor/</p> <p>Email: lawscot@lawscot.org.uk</p> <p>Telephone contact : 0131 226 7411</p> <p>Website: https://www.lawscot.org.uk/</p>